

# the Contact

**Bay Bridge Jeans**  
**25% Off!!**  
 All  
 Columbia, Point Zero  
 & Mt. St. Helens  
 Winter Jackets

Downtown Trenton  
 40 Dundas St W  
**394-3022**  
 Rossmore  
 at the foot of the  
 Bay Bridge  
**966-6656**

• November 21, 2003 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 38 Issue Number 45 •

## 8 Wing community mourns the passing of Angela Hayden

by Andrea LeBlanc  
Contact Editor

"She was such a passionate and organized release clerk. Always gave way above and beyond what was expected. She really knew her stuff—she asked questions and challenged things. I always called her a force of nature," recalls PO2 Andrew Goggin.

He was talking about Release Section clerk Angela Hayden, who on Sunday, surrounded by family and friends, succumbed to her injuries following a horrific car accident in Bowmanville on November 8.

Members of the 8 Wing/CFB Trenton community are still reeling with shock and grief at the tragedy, which also claimed the life of Angela's sister, Heather Kulbach-Howe.

Perhaps more poignant is that fact that the accident occurred just one day after Angela was presented with the prestigious Deputy Minister Commendation, surely a high point of her long career here at 8 Wing.

For this prestigious award, Angela's "unfailing devotion to duty, her unerring eye for accuracy for details and (her) perpetual good humour" were just a few of the factors that earned her the commendation.

Her supervisor, PO2 Goggin, stressed what an exceptional person Angela was, noting that she will truly be missed.

"Angela's father was in the military, and because Angela understood the military life, this made her an excellent release clerk. She was incredibly organized,

and such a passionate advocate for her clients. She believed very much that the people leaving the military deserved to be treated with the highest standards of customer service possible. Angela realized that the release process is often a very difficult and emotional event for her clients. She made it her mission to make each releasing member feel that their contribution to the CF has been greatly appreciated. It is very comforting to people to know that everything possible is done to assist them with a smooth transition to civilian life. Angela's clients were grateful to deal with such a compassionate and dedicated clerk. Her confidence and enthusiasm were infectious."

PO2 Goggin noted  
**See Angela , Page 7**



Photo: Cpl Josee Menard, 8 Wing Imaging

**Francine Miron, Director General Civilian Employment Strategies and Programs, presented Angela Hayden with the Deputy Minister Commendation during her visit to 8 Wing on November 7. Also present were Maj T.R. Gushue and 8 Wing Commander Col Dave Higgins. Tragically, Angela was involved in a horrific car accident the next day, which ultimately claimed both her life and that of her sister.**

## Air Mobility System Support – Keeping up with the times

by 2Lt Jennifer Jones  
8 Wing Public Affairs

The Air Mobility System Support (AMSS) section is most likely unfamiliar to most because of its minute size. However, the recent Avionics Upgrade Project (AUP) has made it indispensable to the Air Mobility CC-130 Hercules fleet.

AMSS can easily be described as the biggest, little section at 8 Wing/CFB Trenton. Composed of only three highly skilled officers, this busy little subdivision of 426 Squadron's Transport Operational Test and Evaluation Flight (TOTEF) is responsible for the software and hardware support in the CC-130

Hercules and CH-149 Cormorant helicopter. AMSS is also responsible for CC-130 training aids such as the Cockpit Mockup Unit (CMU) and Desktop Trainer (DTT).

"Basically we are the liaison between the operators and the engineers," said Capt Martin Baril of AMSS. "When avionics problems are noted, they are formally reported to us. We then investigate them, propose a solution and prioritize them for presentation to the Software User Advisory Group that, in turn, obtains the required authorization to pursue changes."

Following the completion of the Avionics Upgrade Project (AUP) on the CC-130 Hercules, an urgent need for immediate soft-

ware support was recognized. As a result, AMSS was established under the name "Air Mobility Software Support." The term "Software" was eventually replaced by "System" to better reflect their sustaining of both software and hardware on the airframe.

The aim of AUP was to replace and standardize avionics such as the communication, navigation and identification systems in the CC-130. The first aircraft was configured by 1998 and the remainder of the fleet followed shortly thereafter.

"Specifically, AMSS is responsible for providing input to upgrade the Flight Management System (FMS), the Electronic Flight Instruments System (EFIS) and the

Navigational Data Display System (NDDS) as well as administering flight planning software such as MPGS and Falcon View," explains Capt Baril.

"Metaphorically speaking, we have gone from an abacus to a computer," adds Capt James Fell of AMSS. "With an abacus, all you need is a new coat of paint every once in a while, however a computer requires daily attention in order to function effectively."

An ever-growing section, AMSS is expected to expand in terms of both personnel manning and responsibility over the next few years. The long-term plan is for AMSS to be responsible for system support on the entire Air Mobility fleet.

*"Before buying or selling your home  
...take*

**STOCK**

170 North Front St., Belleville Ontario

Ian Stock, CD  
 Sales Representative  
 www.ianstock.com  
 istock@c21lanthorn.com

call: (613) 967-2100

**Century 21**  
 Lanthorn Real Estate Ltd.



# More than 200 logisticians gather for MASOP/POASM

OTTAWA - - More than 200 logisticians from across the country got together recently at the Materiel Acquisition & Support Optimization Project (MASOP) Working Group to add their experience and expertise to planning the way ahead for the project's major initiatives.

MASOP's aim is to achieve an integrated, cost-effective and efficient

MA&S process, which supports force generation and sustainment. Areas of focus are warehousing & distribution, POL, clothing, ammunition, quality assurance, and test equipment & calibration. An equally important initiative and within MASOP is the optimization of Materiel Acquisition and Support processes, the introduction of best practices, the development of

a performance management/measurement framework and introduction of a governance structure.

Because MASOP crosses organizational and functional boundaries, working group delegates were reminded of the need for the Project's work to be in sync with the various support concepts being developed in the three services as well as other MA&S initiatives.

Delegates also heard that, while a portion of the savings generated through MASOP initiatives would be used to fund the project and provide investment funding for cost saving measures, the majority of the savings would be returned to the VCDS to be redistributed in support of Departmental priorities.

Le POASM a pour but d'élaborer un processus intégré d'ASM qui est rentable et efficace afin de donner un soutien à la mise sur pied et au maintien en puissance des forces. Les principaux secteurs d'intérêt sont

l'entreposage, la distribution, les PP, les vêtements, les munitions, l'assurance de la qualité et l'équipement d'essai et l'étalonnage. L'optimisation des processus d'acquisition et de soutien du matériel, l'application de meilleures pratiques, l'élaboration d'un cadre de gestion/de mesure du rendement et l'introduction d'une structure de gouvernance constituent une initiative tout aussi impor-

tante et s'intègrent au POASM.

Étant donné que le POASM dépasse les frontières organisationnelles et fonctionnelles, on a rappelé aux délégués que les travaux du projet doivent être harmonisés avec les différents concepts de soutien élaborés actuellement dans les trois services et dans les autres initiatives d'ASM.

Les délégués du groupe de travail ont aussi

été mis au courant que, bien qu'une partie des économies dues aux initiatives du POASM seraient utilisées pour financer ce projet et pour constituer un fond d'investissement destiné aux mesures de réduction des coûts, la plus grande partie de ces économies retourneraient au VCEMD afin d'être redistribuées pour appuyer les priorités gouvernementales.



## North China

### BUFFET

~ All You Can Eat ~

### Chinese & Canadian Food

Open 7 Days/Week - Toddlers (5+under) \$1.95  
10% Seniors Discount - No MSG Added

*Black Tiger Shrimp - Mussels  
Roast Beef - Chicken Balls - Soup  
Full Salad Bar - Dessert Bar  
Ice Cream and much, much more!*

**NEW!** BREADED SCALLOPS - BREADED SHRIMP  
**BBO PIT** FRIED SALMON  
BBQ CHICKEN, BEEF & SHRIMP TERIYAKI  
AAA CANADIAN ROAST BEEF

On Dinner Buffet

**THE BEST BUFFET RESTAURANT IN THE AREA!**  
**OVER 300 SEATS!**

Lunch 11:30-3:00 • Dinner 4:00-9:30  
**300 Bell Blvd. (West of Sidney St.)**  
Belleville 613-771-9988



Major Ted Giles, 8 Wing Transportation Officer, Capt Stephen Harvie, 2 Air Movements Squadron, Capt Nancy Roy and Major Chris Dann, 8 Wing Supply, added their experience and expertise to the MASOP Working Group held recently in Ottawa. Le Major Ted Giles, 8 Esc de transports, le Capt Stephen Harvie, 2 Esc des mouvements aériens, le Capt Nancy Roy and le Major Chris Dann, 8 Esc d'approvisionnement partagent leur expertise avec le groupe de travail du POASM, qui s'est réuni récemment à Ottawa.



**204 Dundas St.E. Trenton**  
**965-1215**

# TANNING

*Do the math!*

*1 month unlimited*

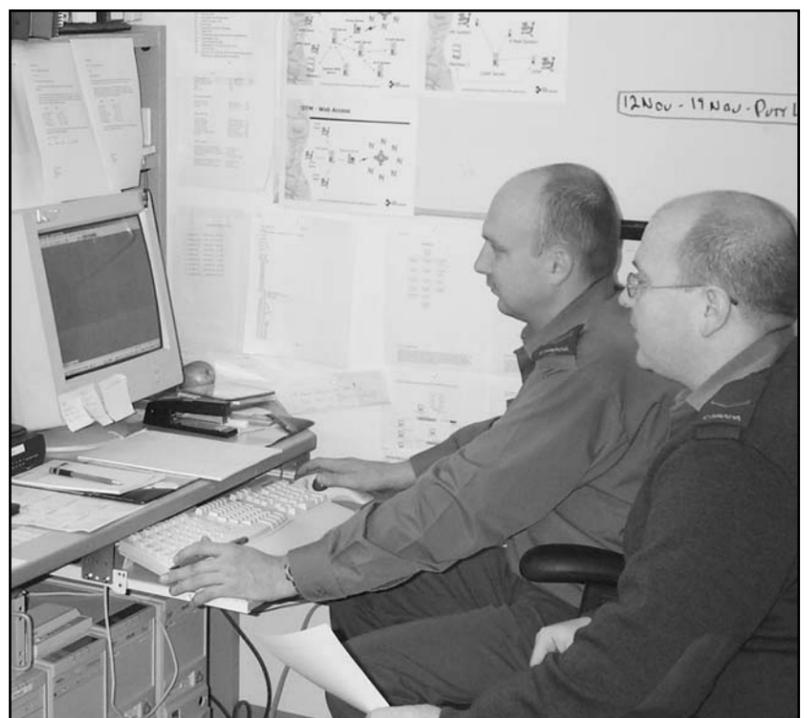
*= \$2.14 per day!!!*

**Facial, Manicure**  
**Pedicure, Waxing**  
**Massage & Body Care**

*“Gift Certificates Available”*

**www.esthetiqueavenue.com**

## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



One of the many functions WTISS Tel Services Section provides is to update the Wing Phone Book. Cpl Art Rylski is demonstrating this process to Pte John Haynik. In order to ensure the accuracy of the Wing Phone books, Unit OPIs are requested to send changes to WTISS Customer Services by email at +CustomerService@WTIS SQN@Trenton.



# Body of missing RMC Cadet found in water

National Defence

KINGSTON, Ont. – (November 13, 2003) The body of Officer Cadet (OCdt) Joe Grozelle, 21, the third-year RMC officer cadet who has been missing from the Royal Military College of Canada (RMC) since October 22 was discovered today by a passer-by shortly before 8:30 a.m. in the water near the La Salle

Causeway, which connects the city of Kingston with RMC.

“We wish to express our sincere condolences to the family on the loss of this fine young officer cadet,” said Brigadier-General Jean Leclerc, commandant of RMC. “The entire staff and cadet wing of RMC join them in their grief.”

Victims Services from the City of Kingston Police

and RMC chaplains have offered support to the Grozelle family and cadets who knew OCdt Grozelle. A briefing to cadets was held at 1:00 p.m.

The passer-by initially who observed the body several hundred feet offshore called Kingston City police, who attended the scene with CFB Kingston Military Police and recovered the body around 8:30 a.m. Police then transferred

the body to the city coroner for identification.

The Canadian Forces National Investigation Service (CFNIS) is working in conjunction with the City of Kingston Police and the Kingston medical examiner’s (coroner’s) office to determine the cause and circumstances of OCdt Grozelle’s death.

No further details can be released while the matter is under investigation.

# Le corps de l’élève-officier du CMR est retrouvé

Défense nationale

KINGSTON, Ontario – (le 13 novembre 2003) Le corps de l’élève-officier (Élof) Joe Grozelle, âgé de 21 ans, dans sa troisième année au Collège militaire royal (CMR), qui avait été porté disparu du CMR depuis le 22 octobre dernier, a été retrouvé par un passant vers 8 h 30 aujourd’hui, dans l’eau près de La Salle Causeway, qui relie la ville de

Kingston au CMR.

« Nous offrons nos plus sincères condoléances à la famille qui a perdu ce remarquable jeune élève-officier », a dit le Brigadier-général Jean Leclerc, commandant du CMR. « Tout le personnel et l’escadre tout entière d’élèves-officiers du CMR partagent leur peine. »

Les Services aux victimes des services policiers de Kingston et l’aumônier de la GRC

voient à appuyer la famille Grozelle et les cadets qui ont connu l’Élof Grozelle. Une séance d’information a été donnée aux cadets à 13 h aujourd’hui.

Le passant avait d’abord aperçu le corps à plusieurs centaines de pieds du rivage et a téléphoné aux services policiers de Kingston, qui se sont rendus à la scène accompagnés de la Police militaire de la BFC, pour repêcher le corps vers 8 h 30. Les

services policiers ont ensuite transféré la dépouille au coroner de la ville aux fins d’identification.

Le Service national des enquêtes des Forces canadiennes (SNEFC) travaille de pair avec les services policiers de la ville de Kingston et le médecin légiste (coroner) de la région pour déterminer la cause et les circonstances qui ont entraîné la mort de l’Élof Grozelle.

Aucun autre détail ne sera publié tant que la question fera l’objet d’une enquête.

**Drivers wanted:**  
**2001 Jetta GLS TDI-** 1.9L, 4 cyl., auto, heated seats, AM/FM cassette, VW Certified. 4.25% financing up to 60 mon **\$22,495**

**Contact Paul Boulton**  
**@ Belleville**  
**Volkswagen**  
**239 North Front Street,**  
**Belleville 613 966-3333**



**Convenient, Close by and Affordable**



Dr. Steve Mascarin, Dr. Sue Marinovich and Dr. John Marinovich are proud to have been part of your neighbourhood since 1994.

**At The Family Dental Centre, you'll find:**

- warm and friendly staff
- quick, easy-to-arrange appointments
- personal coaching on gum disease prevention
- kid-friendly dentists
- dentistry while you sleep\*
- emergency, same-day service
- beautiful, natural-looking dentures with free lifetime adjustments
- affordable treatment and seniors' discounts
- your choice of five deferred payment plans, for example, up to 12 months interest free or no payments and no interest for 90 days

**We invite you to call us. New patients welcome.**  
**398-8888**  
 www.familydentalcentre.com  
 7 minutes north of Hwy. 401  
 On Hwy. 33

**THE FAMILY DENTAL CENTRE**  
\* We offer full sleep dentistry offsite or conscious sedation at both of our offices.

# Search & Rescue UPDATE



The Trenton Joint Rescue Coordination Center tasked a SAR Labrador to search for a red flare that was spotted south of Belleville. The Lab searched over the water and performed a shore crawl, but nothing was found. They then returned to base without further incident.

Missions for 2003: 148 Missions for Nov.: 6 Persons rescued: 22

# QUINTE COMMUNITY SAVINGS & CREDIT UNION

## Loan & Mortgage Arrangers



Alana



Lori



Teresa



Kim

**Belleville | Trenton**  
**293 Sidney St. 251 RCAF Rd.**  
**Phone: 966-4111 Phone: 394-3361**

Interest Rate  
**6.4%\***  
 on \$10,000.00  
 or more  
 on a 1998 or newer vehicle!

\* Subject to OAC



Credit Union

[www.quintecommunity.com](http://www.quintecommunity.com)



## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel David Higgins CD, Wing Commander, 8 Wing / CFB Trenton.

## The Contact Staff

**Editor-in-Chief:** Capt. Andy Coxhead  
**Editor:** Andrea LeBlanc  
**Asst. Editor:** Laurie McVicar  
**Advertising Sales:** Judy Leavere  
**Media Marketing & Sales:** Sandi Ramsay  
**Advertising & Promotions Assistant:** Corrie MacDonald  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Keith Cleaton  
**Assistant Translator/Proofreader:** MCpl Louise Fagan  
**PSP Manager:** Bob Payette  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

## Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 3.5" disk and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

## Letters to the Editor:

Internet: [LEBLANC.AL@forces.ca](mailto:LEBLANC.AL@forces.ca)

Intranet: [LeBlancAL@CFBTrenton@Trenton](mailto:LeBlancAL@CFBTrenton@Trenton)

All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



**A Military Community Newspaper**



The Contact newspaper is a Personnel Support Programs (PSP) entity and is not funded by public funds. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



**The Contact**  
 Wing Headquarters Building Annex  
 8 Wing / CFB Trenton  
 PO Box 1000, Station Forces  
 ASTRA, ON K0K 3W0  
**Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490**  
**Advertising: 613-392-2811 Ext. 2748 or 7008**

## Fatal accident

It was with sadness that members of the 8 Wing/CFB Trenton community learned of a tragic car accident that occurred on Sun, 16 Nov 03 with members from ATESS.

The accident claimed the life of Pte Charles Laforest, and sent two other occupants to Kingston General Hospital. The three men were attached posted to ATESS from CFSATE Borden.

ATESS is providing a quarter guard and pall bearers for a full military funeral this Saturday at 2 pm in Lavaltrie, PQ for Pte Laforest.

All three vehicle occupants were undergoing On-the-Job-Training at ATESS prior to returning to CFB Borden to take their Aerospace Technician training. They had been at ATESS for approximately two months.

## Correction

In the November 07 issue of The Contact Newspaper, in the Showcase section on page 21, BGen PJ. McCabe was incorrectly identified as Commander 1 Canadian Air Division. His title should have read: 1 CAD A4.

The Contact regrets the error and apologizes for any embarrassment or confusion this may have caused.

**Got something to say? Say it in a Letter to the Editor!**

## Contact

**WE'RE ON THE WEB!**

[www.cfbtrenton.com](http://www.cfbtrenton.com)

"Your Gateway to the CFB Trenton Community"

Click on Contact

**Now**

you can browse the latest news stories on-line.

You're one click away from finding out what's

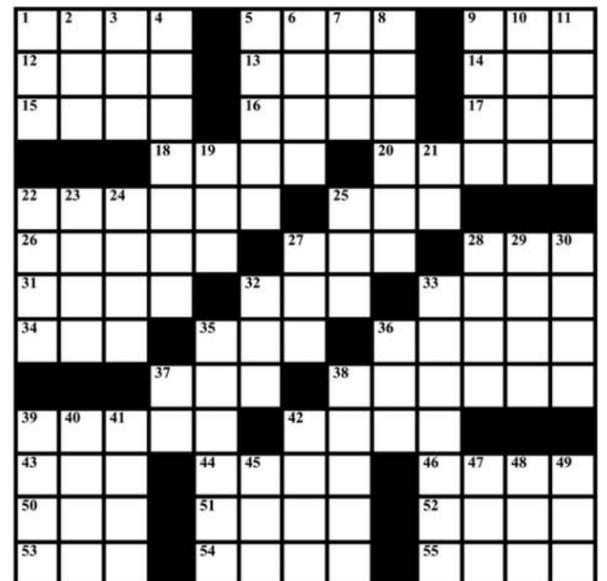
happening at Canada's largest Air Force wing.

**(613) 392-2811**  
 Ext. 7005 (editorial)  
 Ext. 2748, 7008 (ads)

## Canadiana Crossword

### Political AKAs

Bernice Rosella and James Kilner



#### ACROSS

- 1 Poky
- 5 Tab
- 9 Civil defence org.
- 12 Tropical fruit
- 13 Disengaged
- 14 Tavern
- 15 Inclinations
- 16 Infant, in Iberville
- 17 Rage
- 18 The E. in E.S.G.
- 20 \_\_\_\_\_ Bennett
- 22 Jolson song
- 25 Bachelor's quarters
- 26 Dief the \_\_\_\_\_
- 27 Retiring
- 28 Pan partner
- 31 Plaster preceder
- 32 Mason's equipment
- 33 Scarce
- 34 Caustic
- 35 Promissory note
- 36 Opened wide
- 37 West coast expo
- 38 Sums
- 39 With 28 Down, Prime Minister St Laurent
- 42 Guy
- 43 Sea bird
- 44 \_\_\_\_\_ Khayyam
- 46 Enthralled
- 50 \_\_\_\_\_ tse
- 51 History
- 52 Cabbage, in Chomedey
- 53 Extraterrestrials, for short
- 54 Fencing sword
- 55 King \_\_\_\_\_

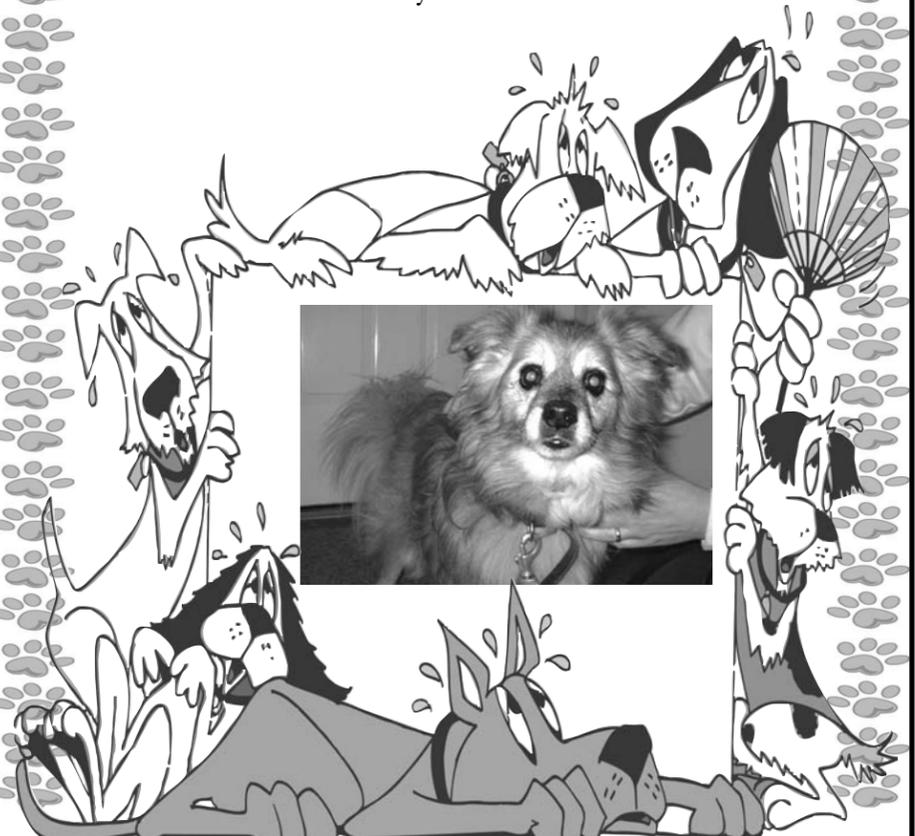
#### DOWN

- 1 Heavens
- 2 Falsehood
- 3 Possess

- 4 With 38 Down, Trudeau, Marchand, and Pelletier
- 5 \_\_\_\_\_ Bill Aberhart
- 6 Idea, in Ile Maligne
- 7 Law deg.
- 8 Elbowroom
- 9 Saga
- 10 Fog
- 11 Knuckle under
- 19 Retirement plan, abbr.
- 21 Promo
- 22 Roman 1250
- 23 Nautical hey there
- 24 Bog
- 25 Doctor, of sorts
- 27 French coin
- 28 With 39 Across, Prime Minister St Laurent
- 29 Inland sea
- 30 Rogers and Lindsay
- 32 Cultivate
- 33 Copps, Nunziata, et al
- 35 Shoe part
- 36 Tibetan gazelle
- 37 Det.
- 38 With 4 Down, Trudeau, Marchand and Pelletier
- 39 Tardy
- 40 Kick out
- 41 Chordophones, for short
- 42 Worry
- 45 Swab
- 47 Joe \_\_\_\_\_
- 48 Long, long time
- 49 Excavated

## Pet Particulars CAN YOU GIVE ME A HOME?

My name is Pebbles. I am a mature female pomeranian x spaniel who was found at the shopping mall and never claimed. I go up for adoption on November 19. I would prefer a home with no kids as I am an older dog. I seem ok with other dogs. Do you have room for me in your home?





# SkyHawks take on Golden Knights in North Carolina

by Captain Troy Neufeld, OC SkyHawks

their freefall and canopy relative work skills in preparation for the 2004 SkyHawks demonstration season.

The Canadian Forces Parachute Team (CFPT) SkyHawks deployed to Maxton-Laurinburg, North Carolina from 5 - 11 November to participate in the United States Army Golden Knights Black and Gold Freefall Competition. Six members from the CFPT participated in this deployment to showcase

The team drove 17 hours down to the drop zone in North Carolina expecting to find warm weather, clear skies, and fair winds. Unfortunately, the CFPT brought the chilly northern weather with them and cold weather, cloudy skies, and strong winds charac-



Members of the SkyHawks and US Army Golden Knights after successful completion of 10-Way formation.

**One Card ... Infinite Possibilities**

**Trentcard**  
info@trentcard.ca

8 Wing/CFB Trenton Trentcard is now in full operation  
"Community ID & Acquisition Card for Authorized Users"

Hours of Operation: Mon. to Fri. 0900 - 1630

Trentcard Office, Siskin Centre, 50 Rivers Drive East  
• Front desk: 613-965-2929 • Web: www.cfbtrenton.com

**Allianz**

- One of the **HIGHEST PERFORMING, SAFEST and MOST FLEXIBLE** RESPs in Canada.
- Eligible for the **CANADA EDUCATION SAVINGS GRANT - (20%)**
- Tax Sheltered
- Military Pay Allotment available
- Flexible Contributions

For Information or Appointment contact

**Ken Keuning** - Enrolment Officer  
**613-965-1854**  
email: kenkeuning@sympatico.ca

**R.E.S.P.'s**

terized the competition. Due to this inclement weather, the 4-way and 8-way freefall competitions were cancelled and the freefall competitors were only able to conduct training freefall descents. However, the CFPT was still able to log a total of 56 freefall descents.

Other military teams in attendance at the competition included the United States Army Parachute Team Golden Knights, United States Army Special Operations Command Black Daggers, United States Army Academy Black Knights, 82nd Airborne All American Freefall Team, and the United States Coast Guard (New Orleans) Freefall Team.

The CFPT renewed

their excellent relationship with the United States Army Golden Knights and on the final freefall descent of the competition, the SkyHawks exited an Otter aircraft from 14 000 feet and successfully completed a 10-way freefall formation with the members of the Golden Knights Demonstration and

Competition Teams. After the Golden Knights and SkyHawks came under canopy on this final descent, Sgt Kevin Krambowich (CFPT) and the Golden Knights Demonstration Team Leader, Sergeant First Class (SFC) Mike Elliot, completed a biplane with their two canopies. During the same descent other

members of the CFPT and the Golden Knights flew both the Canadian and American flags under canopy for the spectators on the ground. This sunset freefall descent finished off the United States Army Golden Knights Black and Gold Freefall Competition for 2003.

Blue skies, fair winds, and soft landings.

our timing is perfect this December

DECEMBER IS THE PERFECT TIME TO SHOP AT QUINTE MALL. NOT ONLY DO WE HAVE **EXTENDED CHRISTMAS SHOPPING HOURS**, BUT YOU WILL ALSO RECEIVE THIS "SPARKLING" GIFT BOX FREE\* STARTING **DECEMBER 1ST** WHEN YOU **BUY \$50 OR MORE IN QUINTE MALL GIFT CERTIFICATES.** (\*WHILE SUPPLIES LAST)

**EXTENDED CHRISTMAS SHOPPING HOURS DECEMBER 1ST-23RD**

<b>MONDAY - FRIDAY</b> 9am-10pm	<b>SATURDAYS</b> 8am-9pm	<b>SUNDAYS</b> 10am-6pm
------------------------------------	-----------------------------	----------------------------

Regular Mall hours back in effect December 27-30

PRICELESS MEMORIES SWEEPSTAKES™  
SEE PARTICIPATING STORES FOR DETAILS



North Front Street at Hwy 401 . Belleville  
www.quintemall.com . 613-968-3571

**Wahoo Café**

**New at the Wahoo**  
Breakfast on Sundays from 9am - 4pm  
**Calling all Musicians**  
Open Stage at the Wahoo  
contact Leigh for details  
Enquire about our banquet room for section parties, mugouts, postings etc.

**Join us for Great Food & Plenty of Fun!**  
*Casual Dining & Sports Bar*  
-specializing in-

**STEAK • WINGS • SEAFOOD • PASTA • RIBS**

**RESERVATIONS REQUIRED 965-1939**  
**2 Dundas St. E., Trenton**  
(Overlooking the Trent River)

# The costly side of the cost of money, stick with stability

## it's your Money



Garth Turner

Last week all the talk was about rising mortgage rates, and whether or not wise people should be bracing for a nasty little jump in the cost of money. My answer to that: absolutely not. Stick with

your variable rate, below-prime mortgages and you will come out far ahead of those who are paying excessive interest just for the sake of stability.

There is more evidence this week, as the feds

release the latest cost-of-living numbers. Canada's core inflation rate has been dropping like a stone since it spiked at an annual 4.6% last February, thanks at that time to out-of-control energy prices. By September it had dropped to 2.2%, and last month fell back into the single digit.

In fact, the Bank of Canada expects core inflation to remain stuck at less than 2% right until the middle of 2005, and will probably sit below 1% early in 2004. It has been an entire generation since we have seen numbers like these, and it lends weight to the argument of those who say this round of inflation - the fourth in the last 800 years - is rapidly coming to an end.

What does this mean in practical terms? For starters, lower prices, which are already in evidence when it comes to cars, computers, cell phones, flat screen TVs and most manufactured goods. That's good, of course, because your money buys more each year, instead of less.

Second, it means people with money in interest-bearing or near-cash investments have a big choice to make. With low inflation, we will continue to have low interest rates. In fact, there is reason to believe the cost of money will be falling even further in the months to come, as the central bank tries to

keep a lid on the rising value of the Canadian dollar. That means the return on GICs, savings bonds, money market accounts and all bank accounts will be pitiful. In most cases, after taxes and (even modest) inflation, these "investments" will give a negative rate of return.

As for bonds, well, don't even go there. Thanks to the inverse relationship between bonds and interest rates, bond prices are at their highest when rates

The TSX, Dow and Nasdaq are all miles ahead of the low point hit last October, and there are lots of reasons to believe this will continue, thanks to low inflation and cheap interest rates. This environment helps corporate profits, lowers borrowing costs for both consumers and businesses, creates more jobs and bolsters confidence. Cheap rates serve to boost global demand, as both the markets and the loonie are

stocks and mutual funds that pace long-term economic growth. It's a shame so many people were blown off the correct course by the excesses of the technology bubble, then the emotion of the dot-com collapse, followed by Nine Eleven and two years in the wilderness.

Finally, the absence of inflationary dangers and the cheap money that brings will keep the housing market at an artificially high level for at least another year. Sales will be brisk and prices continue to escalate at a rate far in excess of inflation, with the likely exception of the overbuilt condo market. But it will not last forever. Every real estate boom turns flat when the price of the average home exceeds the ability of the average family to afford it.

So, there you have it: Buy a house, but manage the mortgage debt carefully. Get out of non-paying assets, no matter how safe they may feel. Have some confidence in an economic future that low inflation and cheap rates will bring. And give that old financial advisor a call. You'll make his day.

Garth Turner's *Investment Television* airs Sundays on the Global network.

*So, there you have it: Buy a house, but manage the mortgage debt carefully. Get out of non-paying assets, no matter how safe they may feel. Have some confidence in an economic future that low inflation and cheap rates will bring.*

are at their lowest. That means bond prices have only one way to go in future, leading to capital losses for investors. Already we are seeing significant whacks of money coming out of the bond market and going where all smart money is headed - the stock market.

In case you had not noticed it, the equity markets are in full bull mode.

forecasting.

So, it makes great good sense if you are sitting on cash or low-yield fixed-income assets to get the heck out. There is virtually no opportunity over the next few years to grow your money in GICs or savings bonds. Get used to it. Ain't gonna happen. The path to a secure retirement income lies where it has always lain, in growth assets like

## Avoiding mail order scams

(NC)—Concerns about mail order scams are way up there on Canadian consumer complaint lists. Here, according to information on Industry Canada's Consumer Information Gateway website, are some ways to protect yourself when buying things through the mail:

- Beware of exaggerated or vague claims about products or unusually low prices in advertisements.

- Keep a complete record of your order, including a copy of the

ad (newspaper issue, brochure or T.V. channel that carried the ad), the company's name and address, date of order and a photocopy of all cheques or money orders.

- A legitimate company should send you a list of customers in your area upon request. You can contact these people to see if they are satisfied with the company, or contact your local Better Business Bureau to check the reputation of the company.

- Check the merchandise as soon as it

arrives in case it is broken or faulty. Try to return defective or broken items in the original packaging.

For more information on junk mail, and other common consumer concerns, visit ConsumerInformation.ca. It's a Web site created by federal, provincial, territorial governments and their partners specifically to provide Canadians with convenient, one-stop access to hundreds of objective, reliable, current consumer information sources.



### Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Branch 110 from the hour of:

**8:00am - 4pm**

**Tuesday December 9, 2003**

Anyone wishing information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage & get some valuable advice concerning your problems.

**For Appointment Call:**  
**Branch 110, Trenton**  
**392-0331 9:00am - 4:00pm**  
**Monday - Friday**



## Sundance Autos

*This weeks specials*

- E Test
- Certified
- Warranty

<b>2001 Chrysler Neon</b> (Factory Warranty)	<b>\$8,999<sup>00</sup></b>
<b>2000 Chev Blazer</b> (65k)	<b>\$17,990<sup>00</sup></b>
<b>1997 Pont Bonneville</b>	<b>\$7,499<sup>00</sup></b>
<b>1996 Pont Grande Am</b>	<b>\$3,999<sup>00</sup></b>

*As Traded*

<b>95 Ford Taurus Wgn</b>	<b>\$1,500<sup>00</sup></b>
<b>94 Pont Grande Prix</b>	<b>\$1,500<sup>00</sup></b>
<b>93 Olds Achieva</b>	<b>\$1,800<sup>00</sup></b>



**1997 Chev Sierra**  
 4.3L 6cyl, Auto, 125k, PS, PB, Am/Fm/Cass, Ets  
 7 month/7,000km warranty

**100 Davis St Trenton, Beside Copperfields**

**(613) 392-6754**

Affordable Quality Used Vehicles  
 • Guaranteed Financing Available

FOR ALL YOUR FINANCIAL INVESTMENTS

**ROBERT GRANDMAISON, CD, CFP**  
 Certified Financial Planner  
 FINANCIAL PLANNERS (QUINTE) INC.  
 55 Glenburnie Drive, Trenton, ON

- RRSP • RRIF • MUTUAL FUNDS
- GIC • SEVERANCE INVESTMENTS
- EDUCATION PLANS • INSURANCE



Mutual Funds Provided by  
 WORLDSOURCE FINANCIAL MANAGEMENT INC.

Tel: (613) 392-0044 Res: (613) 392-0280  
 Fax: (613) 392-7110 e-mail: rgrandmaison1@cogeco.ca

**Credential**™ securities  
 Member of Credential Group

251 RCAF Rd., P.O. Box 278  
 Trenton, ON K8V 5R5

- Stocks • Mutual Funds • Bonds
- RRSP • RRIF • GIC
- Severance Investments

Tel: (613) 394-6589 Fax: (613) 394-4903  
 E-Mail: dlockey@qcscu.com Member: CIPF



**Don Lockey**  
 Investment Advisor

AUTO - HOME - BOAT - LIFE - INVESTMENTS

**WHITLEY INSURANCE & FINANCIAL SERVICES**  
**392-1283**  
 (1-800-663-1384 Toll Free)

SINCE 1949 Visit our Website at [www.whitley.net](http://www.whitley.net)  
 E-mail: [info@whitley.net](mailto:info@whitley.net)

**"SAVE MONEY, CALL FOR A QUOTE"**  
 41 Dundas Street W. Trenton

AUTO - HOME - BOAT - LIFE - INVESTMENTS

## CHEQUE PRESENTATIONS



Photo: Laurie McVicar, Contact

Joe Bourgeois, Chairman of the RCAF Memorial Museum Board of Directors, accepts a \$2,000 cheque from Ed Walker, RCAF Association Trust representative. The money was donated to the museum in memory of Air Marshal Clarence Rupert "Larry" Dunlap, Chief of the Air Staff from 1962 - 1964.



Photo: Laurie McVicar, Contact

Walker presents a \$1,000 cheque to Ken Kee, Chairman of the RCAF Memorial Museum Capital Campaign Committee, for the Halifax Restoration Project. This donation was also made in memory of Air Marshal Clarence Rupert "Larry" Dunlap.



Photo: Laurie McVicar, Contact

Walker presents a \$500 cheque to Master Warrant Officer Ron Reedy of the 8 Wing Pipes and Drums Band on behalf of 403 Wing in Sarnia.

## Angela Hayden, Cont. from Page 1

that Angela received many thank-you cards over the years from clients who truly appreciated her understanding and her dedication. Since the accident, PO2 Goggin received many calls of concern about Angela, including former clients, even former supervisors.

"One former supervisor, now based in St. Jean, learned of the accident and traveled to Toronto to visit Angela at St. Michael's Hospital. That's quite a testament to the type of person Angela was."

But work was not Angela's only passion. She was also extremely active in her community, particularly with the "Adopt-a-Family" program here at 8 Wing. The Adopt-A-Family program was started over a decade ago by civilian employee Penny Stewart of the Base Social Welfare staff. Penny identified a previously unaddressed need for us to help our own personnel in times of emotional and fiscal turmoil at Christmas. Once the needs were satisfied locally, she turned her attention to the Quinte community and provided support where needed. Due to poor health, Penny turned over the reins to Angela in 1996.

Under Angela's guidance, Adopt-A-Family has expanded into the local community, through the Kinsmen Toy Drive and donations to the Salvation Army. Angela also secured corporate sponsorship for the Adopt-

A-Family program in 1998.

Angela was also heavily involved in fundraising for the newly formed Hastings Manor Project.

Angela joined the Public Service in 1981 and was with the Department of National Defence in Trenton ever since. Her face was a well known one, as she worked in various capacities over the years. Her first job with DND was in Base Supply, working as a term employee for six

months tracking outstanding supply orders. She also worked in the BOR, Air Transport Group Headquarters, Base Transport, Yukon Lodge, Canadian Forces Training Systems HQ, Claims Section. Angela was with the Wing Administration Branch as a Release Section clerk since 1996, and as such was part of the team recognized for its efforts when presented with a Wing Commander's Commendation this past summer.

**Best Quality**      **Best Price**

**"The Only Place To Go"**

**SMITTY'S**  
**WAREHOUSE OPERATION**

**For NEW or GOOD USED Appliances**

Smitty's has been keeping customers happy for 20 years in the appliance business. This proves Smitty has the **Best Price, Selection, Guarantee, Quality & Price** plus **Same Day** delivery, seven days a week. Smitty plans to be around for another 20 years. Now he has in-house financing at **NO INTEREST**. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

**Best Selection**      **Best Guarantee**      **Best Service**

**SMITTY'S**  
**KING OF APPLIANCES**  
Open Evenings & Seven Days A Week  
River Road-Corbyville (just N. of Corby's)

**969-0287**

**WADMO**  
**Kids' Christmas Party**

*Sunday, Dec. 7*  
*1-4 p.m.*

Astra Lounge, Jr Ranks Mess  
Enjoy the clowns, games, treats, and most of all, a visit from the jolly man in red!

Contact Pte. Myers @ 2478, Lisa Pitt @ 3768 or Pte. Speitelsbach @ 3367 by Nov. 28 to register. Parents are asked to bring a \$10 gift for their child.

**Dr. Tom McDowell**  
**Family Dentist**

Let us show you how our  
**"Practice of Dentistry" can benefit you and your family.**



- OFFERING**
- Orthodontics
- Sedation
- Hospital
- Close to Base
- Electronic Insurance Submission
- Evening Hours
- Complete - Tooth Whitening

**394-8888**

**169 Dundas Street East, Trenton, Ontario**



**ATTENTION BUSINESS OWNERS!**

Christmas is on its way! Take the worry out of your holiday advertising by contact our sales representatives today.

Sandi Ramsay (Brighton, Trenton) - 7008

Judy Leavere (Belleville, Prince Edward County) - 3976



Client Appreciation

# Open House

Saturday, November 22, 2003  
from 9 a.m. to 4 p.m.

Celebrating  
15 Years  
Serving the  
Quinte  
Area.

- Complimentary Refreshments
- Product Demonstrations
- Draws Every Hour
- Free Mini Manicures
- Product Giveaways
- 20% off Christmas Gift Certificates (Nov.22 Only)

459 Dundas St. West Trenton  
392-4246

## The opportunity of a lifeline: getting the job done at 2 AMS

by Captain Ian Stock  
Wing Public Affairs

If you're caught standing still too long on the floor of 1 Hangar, the overseas cargo building of 2 Air Movements Squadron (2 AMS), it's likely one of three things could possibly happen to you: (1) You'll get shrink-wrapped and strapped onto a pallet for a one-way flight to Afghanistan (2) You'll get run over by one of several forklifts scurrying across the floor moving shipments (3) You'll be politely asked to "look out."

Such is the hectic situation for the men and women of 2 AMS who, particularly since April 2003, have been working tirelessly to support CF personnel deployed on missions around the globe.

"Obviously we've been working nonstop getting supply shipments ready for airlift to Afghanistan but people often forget that we have responsibilities for many other sustainment missions as well, including Bosnia and Alert," says Captain Matt Hue, Operations Officer of 2 AMS, while standing amidst what seems like endless stacks of prepared pallets. "Equipment and supplies are arriving here day and night from the Area Support Group in



MCpl Bruce Otto from 2 AMS takes a brief pause in front of a shipment of mail destined for troops deployed in Afghanistan.

Montreal, and most of it seems to be IOR (Immediate Operational Requirement), but our people are getting it done."

"It's the busiest I've ever seen it here in my 22 years of work at Trenton," says Alana Weiberg, a civilian employee in charge of incoming shipments. "The tempo is unreal and we're severely undermanned, but like the ad says 'we just do it.'"

The supply mission to OP APOLLO in Afghanistan is particularly unique in that there are no shipments done via sea.

Afghanistan is a landlocked country and any road access is deemed to be too treacherous. As a result, everything sent there is done via airlift.

"Essentially we are the lifeline to our deployed troops, so that's what compels us to get the job done," adds Hue. "Our people are super-motivated."

"That's what drives me and my team to work even harder," says Master Corporal Bruce Otto, NCO in charge of cargo, during a brief respite from unloading a huge shipment of mail. "It sounds cliché, but I'm very proud of our team and of what we're doing. We have the luxury of going home to our families and beds at night, whereas our deployed people don't. Our long hours of work don't seem so long when we put it in that perspective."

One of the primary assets to the squadron is the huge AN-124 Antonov cargo aircraft, leased by DND.

"The Antonov has the ability to swallow six Hercules-sized shipments in one single flight," adds

Hue. "It's usually in here twice a week and we fill it right up with more than 200,000 pounds of cargo."

One of the misconceptions of cargo airlift is the tremendous amount of work involved preparing loads for shipment.

"The hardest part is building the loads to proper airlift specs, and that's what takes the most time," says Otto. "We take all these piles and build them up so we can maximize loads on each flight. And sometimes when a new shipment arrives at the last minute, we have to tear everything down and start all over again."

Apart from the numerous shipments of spare parts, equipment and barrack boxes, there are other items that Otto and his crew take deep pride in packing for delivery.

"We know how important mail is for our deployed people but we also make room to ensure they receive amenities to help make their lives a little bit brighter, such as air hockey tables, pumpkins for Halloween, and of course, the recent shipment from Boston Pizza."

The local Boston Pizza in Belleville recently donated more than 2000 pizzas to troops in Afghanistan for a Remembrance Day treat.

Major Jim McGrath, Commanding Officer of 2 AMS, emphasizes that the people under his command should receive all the credit.

"Here we have Master Corporal Bruce Otto who is essentially in charge of our entire supply shipments to Afghanistan. He and his team are doing heroic work for the CF. It's truly amazing."

## Boyer Kia

BELLEVILLE

The Fun to Drive 2003 RIO RX-V



1.6 L DOHC engine, 5-speed manual, air, AM/FM/CD stereo, 14" alloy wheels, Power steering, Fog lamps, Rear spoiler, Tachometer, Tilt steering, 60/40 split-folding rear seat, Cargo security cover, Driver's seat height adjuster & more

Starting at \$15,950

Base model starts at \$12,350

## No Payments for 3 months

2003 Spectra 2003

Bonus: 500 litres of FREE Gas



1.8L DOHC engine, auto, air, power windows/locks & heated mirrors, cruise control, dual airbags, fog lamps, tilt steering, 60/40 split folding rear seats, AM/FM/CD stereo with 6 speakers & remote trunk release.

Starting at \$16,995

Base model starts at \$14,795

0%

FINANCING

ON SELECTED MODELS UP TO 60 MONTHS OAC

From KIA Canada

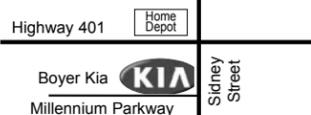
THE BEST WARRANTY IN THE BUSINESS  
5-YEAR/100,000 KM COMPREHENSIVE WARRANTY  
5-YEAR/100,000 KM POWERTRAIN WARRANTY  
5-YEAR/100,000 KM EXTRA CARE ROADSIDE ASSISTANCE



## Boyer Kia

BELLEVILLE

966-9990  
At the Auto Mall on Millennium Parkway





## Kitchen safety tips to keep in mind



Submitted by  
**Doug Bird, Deputy  
Wing General Safety  
Officer**

A large cooking production calls for extra attention to all aspects of kitchen safety.

Keep these guidelines in mind as you prepare a big meal with your family and friends:

Keep children and pets out of the kitchen — for their own safety and to reduce tripping hazards for the cook and helpers.

Use sharp knives for cutting meats and vegetables. Dull knives require extra force to

operate and are responsible for many accidents.

Clean up spills promptly. Be aware that the steam created by cooking and washing dishes can make kitchen floors slippery.

As you cook vegetables on the stovetop, keep the pot handles turned inward to keep people from bumping into them.

As you lift and carry hot food items such as a roaster full of turkey or a pot of potatoes, prepare to make the move safely. Be sure the bottom of the pan is adequately supported, of particular concern when using a lightweight aluminium pan. Plan your route ahead of time, including where you will set the load down. Get everyone out of the way to avoid collisions.

Close cupboard doors and drawers

immediately after using them.

Even washing the dishes can be a dangerous proposition. Serious cuts can occur if you reach into soapy water containing sharp knives or broken glassware. Drying sharp utensils and glassware with a towel also requires special care.

If you are serving alcohol as part of your dinner party, be a responsible host. Excessive drinking leads to many accidents at home and on the highways during the holiday season.

Choking accidents are all too common. Keep small, hard foods such as nuts and olives away from young children.

As a holiday cook and host, keep the safety of your guests uppermost in your mind.

## Dear Health Professional

I read your recent *For the Health of It* Newsletter and was concerned when I read the statistics that the number 1 reason people seek treatment are doing so due to marijuana use. I have a friend who smokes weed far too often but I can't seem to convince him that it is bad for his health.

Signed,  
Smoke Screened

Dear Smoke Screened,

Many people are under the impression that marijuana is a safe drug and that there is no need to worry if they are using cannabis frequently. "It's just weed" is the common misconception. Any substance that alters the mind and body is a concern, especially when it is being used in excess. It is possible to have too much of almost anything.

Marijuana is considered a hallucinogen. It alters mood and the ability to concentrate. The effects depend largely on a person's mood and personality along with the amount and strength of the substance being used. Marijuana cigarettes have been rated from five to 20 times worse for the lungs than cigarettes. The chemicals in the body stay in the body for a long time and may cause birth defects or interfere with sexual activity.

Cannabis affects memory and limits the person's ability to concentrate. It is danger-

ous to operate machinery or a vehicle of any kind, as the user may not be able to tell how far away something is or how fast it's traveling.

To add to this, tolerance develops with regular use. The user needs more to get the same effect. This can lead to a snowball effect where a user is using everyday or even several times per day.

A frequent user often drops out of activities, affecting their employment, education and future.

There are some great resources in the Health Promotion office that I would love to distribute to any interested units/departments. The true experts on the Wing on all addiction questions are Roger Mageau, the Wing Addictions Counselor, and WO Smith. They can be reached by calling the WAC office at local 3774.

If you are interested in participating in our three-day Orientation to Addictions training course, e-mail me at: rothenburg.cl2@forces.gc.ca.

I hope this answers all your questions.

**Cheryl Rothenburg**  
Health Promotion Director  
Local 3767

Reference: Drug reference Chart, Council on Drug Abuse, 2000 The Self Destructive Use of Drugs, Worldwide 1997 International Center for Drug Information.

## World AIDS Day, a reminder to care

World Aids Day is December 1. It is a reminder to acknowledge and care about those living with HIV, their families and friends who are affected by the infection. It is also a day to remember those who have died from AIDS.

Almost 50,000 Canadians have HIV and an estimated 4,200 Canadians become infected with HIV every year. Whatever their gender, age, sexual orientation, ethnic or cultural origin may be, people can be infected with the virus. Since the early 1980's approximately 100 people have been diag-

nosed with HIV in Hastings and Prince Edward counties.

"It would be difficult to estimate the number of people currently living with HIV in our two counties as people tend to move in and out of the area," said Debbie Laughton, a public health nurse with the Hastings & Prince Edward Counties Health Unit.

"People with HIV are sometimes refused care by health care providers," said Laughton. "Some are fired from jobs, harassed by landlords and neighbourhoods and rejected by friends and families."

This year's AIDS awareness campaign focuses on both stopping the spread of HIV and ending discrimination because of HIV and AIDS.

"Everyone can help fight the stigma and discrimination associated with HIV," said Laughton. "We can inform and educate ourselves and others. People living with HIV need to have their human rights protected."

For more information on HIV and AIDS, call the Health Unit at 966-5513, ext. 263. Online information is available at [www.hpechu.on.ca](http://www.hpechu.on.ca) and [www.aissida.cpha.ca](http://www.aissida.cpha.ca).

## Helping you talk to kids about smoking

(NC)—Got a minute? Before you talk to a child about smoking, learn the facts from The Lung Association's Lungs Are For Life Program.

If one or more parent smokes, how likely is a child to smoke? A child is twice as likely to smoke.

How likely are children who buy imitation candy cigarettes to eventually smoke real cigarettes? A child is four times more likely to smoke a real cigarette.

The average age cigarette smoking begins is: 12.8 years of age.

In 2000, what percentage of Canadians aged 15 to 19 smoked? Twenty-five percent.

Smoking is Ontario's

worst public health hazard. True or false? True.

Custody has been denied to a parent who refused to stop smoking around a child with asthma. True or false? True.

What should you avoid when speaking to a child about smoking? Suggesting that kids who smoke are "bad", implying that smoking is "dumb" and telling children that smoking will kill you.

How many teens who try smoking get hooked? Eight out of 10.

How much does the average teenager spend on cigarettes a year? \$1000.

For more information, Lungs Are For Life now has an online address! At [www.lungsareforlife.ca](http://www.lungsareforlife.ca),

kids, teachers and parents can discover all the disgusting facts about smoking and reasons not to smoke.

There is truly something for everyone. Teachers can download the Lungs Are For Life curriculum materials, parents can learn how to speak to their child about smoking and kids can take a totally gross quiz, print out cool downloads and much more, all while learning to identify unsafe substances, resist pressures to use harmful drugs and understand the health risks associated with smoking.

To learn more, visit [www.lungsareforlife.ca](http://www.lungsareforlife.ca) or call 1-888-566-5864.

Former Midas Shop,  
guarantees  
honored  
DND discounts up to 11%  
Full service automotive repair  
**MILBRO**  
AUTOMOTIVE  
220 Dundas St E.  
394-3357  
Ride back to base or home available

Free Pick-Up & Delivery  
**Dewar's Car Care**  
Professional Auto Detailing  
Monday-Friday 8am-4pm or by Appointment  
JoAnne Kelly & John B. Dewar  
(613) 475-4074  
Hwy #2 w. Townline, Brighton, Ontario

**Lottie Jones Florist Ltd.**  
Since 1923  
• FLOWERS • ANTIQUES • FRUIT BASKETS  
• BALLOONS • SILK & DRIED FLOWERS  
Member of FTD & TELEFLORA Wire Services  
VISA MASTERCARD AMERICAN EXPRESS  
44 Quinte St. TRENTON 392-2537

• Desktop Publishing • Posters • Laminating • Digital Copies  
**Darling's COPY DEPOT** 392-7273  
Call today  
Fax service: 392-7058  
[www.copy-depot.com](http://www.copy-depot.com)  
20 Dundas W., Trenton  
• Fax Service • Enlargements • Scanning • Canon Laser Copies

# Fitness, Sports & Recreation

## Fitness education

## Muscle busting nutrition tips



### Confessions from the Gym

Laurie McVicar

Tuesday, November 18

As someone who is still relatively new to the active living scene, I am a sucker for workout tips.

My house has practically become a fitness library with all the health magazines I have either "borrowed" from family members or scraped together enough money to buy. Even though I may not entirely follow many of the suggestions found within those well-worn pages, it's a great way to brainstorm new ways to jazz up your workout routine.

If I do happen to find an entire series of exercises that look effective, they are immediately posted on the wall in my basement (my back-up gym) and tested. If I can't get out of bed without assistance the next day, I know they're keepers!

Here's a tip I recently pulled off the internet - in order to make exercise a ritual, avoid taking two consecutive days off. How many of us have fallen prey to this no-no? I know I have! Apparently, people who work out just once or twice a week are more likely to give up on physical activity than those who exercise three or more times a week. This can be credited to the fact that consistency directly affects how long you adhere to a new habit. If you can only squeeze in three workouts during the week, spread them out to sustain your momentum.



### the Fit Stop

Gregg Garrity

I've been in the fitness industry for 5 years now, and the biggest contributor to people failing to reach their goals is nutrition.

A considerable amount of people have no idea how to eat correctly. It's easy to become confused with all the paraphernalia on the news stands and all reliable internet. The important thing you have to remember is that diets and calorie requirements are going to be different for every individual depending on their energy expenditure and goals. So if you're a faithful subscriber to "Muscle & Fantasy" and think that by downing shakes all day is going to make you be the next Arnold, sorry to burst you bubble, but you're

sadly mistaken.

Here are some tips to help you get started to achieving proper nutrition:

- It's important to spread your meals throughout the day. Six to seven meals should be sufficient, instead of three huge meals which also leads to binging;
- Prepare meals ahead of time, so that you don't miss a meal and get the proper portion sizes;
- Make sure you divide each meal up. It's important to get an adequate amount of carbohydrates (CHO), protein, and fats depending on your training schedule and daily lifestyle energy expenditure. Don't let yourself get to point where you feel famished. Get your body & metabolism energized;
- CHO are not your

enemy! Carbohydrates are your main fuel source for the nervous system. Very little CHO is converted to fat, in fact it's almost impossible to reach this state. CHO's should consume about 50-55% of your daily diet. The important thing with CHO's is making wise choices;

- Protein is important because it contains the structural make up to build muscles, enzymes, transport proteins, and hormones. So how much protein is enough? 0.80 g/kg should be used for off-season, but as your training regimen increases in intensity increase your protein intake to 1.1-1.6 g/kg;
- Fats are also important, especially EFAs (Essential Fatty Acids). Try and avoid saturated fats, because they contribute some health risks;
- Unsaturated fats are the good fats that are easier for your body to breakdown. Some act as an antioxidant and many actually aid in losing stored fatty tissue in the body;
- Try and maintain a clean/sound diet as often

as possible. Some wise choices from each of three nutrients discussed in this article are: CHO's- baked potatoes, whole wheat pasta, yams. Proteins- chicken, turkey, eggs. Fats- Omega 3-6-9, peanuts, almonds;

- Have your cheat day once a week to stop yourself from going insane;
- Last but not least, drink lots of water. Don't let yourself get dehydrated.

I hope this article gives you a little better insight into proper nutrition to help you reach your goals. This is just the tip of the iceberg. If you're still confused, don't look to Muscle and Fantasy to answer your questions. Leave it to the professionals. Contact a PSP Fitness Instructor at 3328 for help.

Come watch the "big boys play" at the All Strength Challenge on November 21st at MSE/Transport. Events start at 12 noon. Also, anyone interested on entering contact Gregg Garrity @ 2825.

## Astra Lanes report

Mike Chapple leads the Wednesday Night Mens League by a mere two points over Larry Rankin.

**Team Standings:** Howie MacKenzie, 197.5; Ernie Strocel, 189.5; Jim Edworthy, 176; Dave Schwartz, 173.5; Dale Crawford, 165, and Larry Rankin 164.5.

**High Average:** Mike Chapple, 242; Larry Rankin, 240; Steve Morrow, 224.

**High Single:** Mike Chapple, 366; Bill Simm, 329; Larry Rankin, 321;

**High Single:** POA Mike Chapple, +131; Dale Crawford, +124; Mark Durant, +114.

**High Quad:** Larry Rankin, 1122; Mike Chapple, 1110; Steve Morrow, 1063.

**High Quad:** POA Gary Schwartz, +297; Doug Richardson, +289; Larry Rankin, +234.

**Most Wins:** Howie MacKenzie, 38; Larry Rankin, 36; Gary Cathline, 36.



## RecPlex info

### "How To Skate For 8 To 88"

Are you in that large category of people who have always wanted to skate but never had the time or opportunity? How would you like to learn "How to Skate?" A program is in the process of being developed if we have enough people interested. Therefore, if you are between the ages of 8 and 88 (proof of age not required) and want to learn the basics of skating, please visit the RecPlex or call 392-2811 ext 3361 to register.

**Family Skate hours for November**  
Wednesdays - 4 - 5 p.m.  
Fridays - 6 - 7 p.m.

Saturdays and Sundays - 1 - 3 p.m. 3361.  
Parent and Tot - Tuesdays 10 - 12 p.m.  
Free with any CRA membership, \$2.00 without.

### Christmas Craft Creation with Angela

Learn to create a beautiful Christmas decoration in one afternoon. Held in the conference room at the RecPlex from 1 - 4 p.m.  
Class #1 November 23 (deadline to sign up November 19).  
Class #2 Dec. 7 (deadline to sign up Dec. 2).  
\$40 for CRA Members, \$50 for non members. Call the RecPlex for info

### Fitness programs (Drop ins welcome)

**Beginner Yoga** - Monday and Wednesday 5:30 - 6:30 p.m. until Dec. 1.  
**Intermediate Yoga** - Tuesdays only 5:30 - 6:30 p.m. until Dec. 2.  
**Spinning** - Monday and Wed 6:40 - 7:20 p.m. until Dec. 10.  
**Body Sculpting** - Monday and Wed 7:30 - 8:20 p.m. until Dec. 10.  
**Step** - Tuesday and Thursday 6:40 - 7:20 p.m. until Dec. 11.  
**Kicking Cardio** - Tuesday and Thursday 7:30 - 8:20 p.m. until Dec. 11.

## Gimpel Electric Supply Ltd

38 Elgin Street Trenton Ontario K8V 3X8  
Ph 613-392-9261 — Fax 613-392-3374

Our experienced and friendly staff would be pleased to help you with all your electrical and electronic needs.

MEMBER OF IED/SEABELL EDGE Marketing Groups



SERVING 8 Wing CFB Trenton The Quinte Area since 1976

Visit our new Lighting Showroom

## beams lighting

392-3595

country traditional log home residential  
lamps fans furniture

'let us light your way'



### Click on Contact

### Now

you can browse the latest news stories on-line. You're one click away from finding out what's happening at Canada's largest air force wing.

www.cfbtrenton.com

"Your Gateway to the CFB Trenton Community"

(613) 392-2811  
Ext. 7005 (editorial)  
Ext. 2748, 7008 (ads)

## Weaver Family Funeral Homes

"Support, Service and Friendship in the Weaver Tradition for over 55 years"

<b>East Chapel</b>	<b>Trenton</b>	<b>West Chapel</b>
29 Bay Street,		170 Dundas St. W.,
<b>394-2433</b>		<b>392-3579</b>

Campbellford 1-866-6WEAVER  
"A Canadian Independent"  
www.weaverfuneralhomes.com

Showcase



**LA-Z-BOY**  
*Gallery*

This Page is Proudly  
Sponsored by  
*The Gallery*

# The Gallery

**The Best Kept Secret in the Quinte Area**

• FREE DELIVERY • FREE DISPOSAL of OLD  
FURNITURE • REMOVAL of PACKAGING •



(Hwy 401, North On Glen Miller Rd )  
3 Riverside Drive, Trenton



**Mattress**  
**World**

(613) 392-6869



**Capt P.M. Bischoff**  
received his CD presented by  
LCol M. Lalumière, CO 424 Sqn



**SHOWCASE**



**Capt G.D. Kotanko**  
received his CD1 presented by  
LCol M. Lalumière, CO 424 Sqn



**Capt M.J.A. Turpin**  
received his CD1 presented by  
LCol M. Lalumière, CO 424 Sqn



**Cpl D.A. Harvie**  
received his CD presented by  
LCol M. Lalumière, CO 424 Sqn



**MCpl D. Bryson**  
received his CD presented by  
LCol M. Lalumière, CO 424 Sqn



**MCpl D. Daoust**  
received his CD presented by  
LCol M. Lalumière, CO 424 Sqn



**MCpl G. Lloyd**  
received his CD1 presented by  
LCol M. Lalumière, CO 424 Sqn



**MCpl J.C.E. Poirier**  
received his CD1 presented by  
LCol M. Lalumière, CO 424 Sqn



**MCpl R. Valenti**  
received his CD presented by  
LCol M. Lalumière, CO 424 Sqn



**Sgt S. Andrews**  
received his CD1 presented by  
LCol M. Lalumière, CO 424 Sqn



**Sgt G.W. Burton**  
received his CD2 presented by  
LCol M. Lalumière, CO 424 Sqn



**Congratulations! Félicitations!**



# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
November 23 - November 29

**ARIES** (March 21-April 19): If you have the opportunity on the 23rd, 24th and 25th, contact someone you used to work with. This person will have some interesting news that could change the way you do something. Don't even flinch if someone tries to send you off on a tangent on the 26th and 27th. If you know this person is pushing you for a reason, play it cool and let them sweat. Overtime will keep you out of trouble, but your family may be upset. The more you do for others on the 28th and 29th, the greater your chance to get ahead. You can make financial gains if you invest in something you do well and believe in.

**TAURUS** (April 20-May 20): Miscalculating your balances or lending cash will result in overspending on the 23rd, 24th and 25th. You have to use diplomacy and discretion when it comes to requests for loans. Gambling of any sort will not pay off. Keep a close eye on your money. You can make a huge dent in your to-do list on the 26th and 27th. You can convince others to pitch in and help. Short trips will pay off and make your work easier. Stay in the background working on what you need to get finished on the 28th and 29th. Too much interaction with others will lead to upsetting confrontations. Don't take sides.

**GEMINI** (May 21-June 20): Don't waste time on the 23rd, 24th and 25th. The busier you are, the less time you will have to deal with emotional matters. However, your health may suffer if you internalize personal problems. Check out investments on the 26th and 27th and get everything in place before year-end. Step out on a limb if there is something you believe in. You may come into some extra cash that you weren't expecting. Don't slack off on the 28th and 29th. It's up to you to take the time required for your project. Someone special will probably tell you how much he or she cares. Love is apparent.

**CANCER** (June 21-July 22): Take time to get to know the people you are dealing with on the 23rd, 24th and 25th. You will be in your element if you get together with family and friends. Organize activities that will be competitive and challenging for all to enjoy. Don't leave anyone out. Don't let your emotions rule you're head on the 26th and 27th. Moodiness will prevail if you don't keep busy. Don't blame others because you are out of sorts. Don't be a martyr on the 28th and 29th and give in to someone who really doesn't need your help. Take care of financial affairs and help an older relative.

**LEO** (July 23-Aug. 22): Take care of the emotional matters you've been avoiding on the 23rd, 24th and 25th. It's never easy to let someone down or to say no, but you may as well get it over with. Professional progressiveness will be the key on the 26th and 27th. If you put your heart into what you are trying to accomplish, you will be successful. Don't procrastinate. Listen to the important message someone close to you is offering on the 28th and 29th. If you don't, you may find yourself in an awkward position. Get things out in the open before you become too vocal about your thoughts.

**VIRGO** (Aug. 23-Sept. 22): You must go visiting on the 23rd, 24th and 25th. The connections you make will revive old feelings and help you put things back in order so that you can choose whatever direction is best for you. Take the high road on the 26th and 27th and do the things that will make you happy. Mingle with your peers and attend a business-oriented social event. You will have enough knowledge to dazzle everyone. You will get the most done on the 28th and 29th if you don't rely on anyone else to help you. Waiting around for help will turn out to be a waste of time. Don't look back.

**LIBRA** (Sept. 23-Oct. 22): Your mind will be on the future on the 23rd, 24th and 25th and what you can do to make it better. Changes will better qualify you to follow your dreams. Find out what you truly want to pursue. Don't look down at people who don't have the same drive that you have on the 26th and 27th. You will receive backlash from family members if you are too judgmental. Put your energy into creative endeavors. The 28th and 29th is the perfect time for a makeover. Romance will play a big role in your life. If you are single, get out and mingle. If you're not, make plans with your partner.

**SCORPIO** (Oct. 23-Nov. 21): Your emotions may get the better of you on the 23rd, 24th and 25th. A pat on the back will help you realize your potential and encourage you to strive for bigger and better things. Share your recent accomplishments and plans on the 26th and 27th with someone interested in taking part in your next venture. Partnerships can lead to a very lucrative position. Don't bend to the pressure put on you by someone you love on the 28th and 29th. You must not feel guilty for doing the things that make you happy. Compromise will be better than nothing at all.

**SAGITTARIUS** (Nov. 22-Dec. 21): A secret may be hard to keep on the 23rd, 24th and 25th. Doing things undercover will enable you to discover some truths. Rely on yourself and don't worry about what anyone else is doing; it's up to you. You can make a career move if you are quick to take advantage of an opportunity on the 26th and 27th. Expand on a project that you have been working on. Negotiations will turn out in your favor. Spend time with friends and do things that will bring you the most information, fun and adventure on the 28th and 29th. Communication will be the key.

**CAPRICORN** (Dec. 22-Jan. 19): Keep your secrets to yourself on the 23rd, 24th and 25th. Consider what you have to clear up before the end of the year and put in the additional hours required to tie up loose ends. Concentrate on the things you can do something about on the 26th and 27th instead of trying to change something that is out of your hands. Don't make any rash decisions. It's time to relax a bit. You may be feeling a little confused about your future on the 28th and 29th. Dig into your past to discover what it is you really want to do. Be careful with your possessions.

**AQUARIUS** (Jan. 20-Feb. 18): You may be a little frantic on the 23rd, 24th and 25th if you have too much to do and too little time. Decide what's really important and be sure to take time out and enjoy family and friends. Financial matters can be resolved on the 26th and 27th. Look over your personal papers and deal with an institution regarding your health. This is a good time to focus on home and family. Calm down on the 28th and 29th and let the dust settle before you do something you might regret. There is a good chance you don't have accurate information. Find out the whole truth.

**PISCES** (Feb. 19-March 20): You will feel restless and in need of change on the 23rd, 24th and 25th, but to initiate something that will affect your financial position or status would be a mistake. You will have some wonderful ideas on the 26th and 27th for things to do with friends and children. This is a good time to make decorations or some changes to your home in preparation for the holidays. Helping others will make you feel good. You should be doing all the things you enjoy on the 28th and 29th. Focus on the good and don't be daunted by a comment made by someone who is probably just jealous of you.



## COKE DONATES FUNDS FOR ARENA SCOREBOARD

Mr. Bob Payette, PSP Manager, takes an opportunity to receive a sponsorship cheque from Mr. Sean Lamonte, regional representative for Coca-Cola. The cheque for \$9,000, received by 8 Wing Morale & Welfare, will assist in covering the cost of the score board at the RCAF Arena. CANEX has enjoyed a partnership with Coke for many years. Coke was also instrumental in supporting this year's air show for approximately \$10,000 both in cash, products and value in kind. "On behalf of all the members of the 8 Wing/CFB Trenton community, I thank Coca-Cola for their continued support to this fine base," stated Payette.

# LOCAL SERVICES

To Serve You

# AND TRADES

Classified Advertising 392-2811 ext 3976 24 Hour Faxing 965-7490 email:MacDonald@forces.ca

### Autobody Repair

**R.C. AUTOBODY REPAIR**  
Collision • Restoration • Refinishing  
Domestics & Imports  
Insurance Claims  
Quality Work Guaranteed  
Free Estimates  
"the choice of Repairs is yours...  
Not Your Insurance Company"  
**394-1717**  
25 Frankford Cres. Trenton

### Auto Detailing

**Bonnie's Auto Spa**  
Complete Auto Detailing  
Reasonable Rates  
Fast Service  
Pick-Up & Delivery  
Car Wash starting @  
\$8.00 & up  
"Let Me Pamper Your Vehicle"  
25 Frankford Cres. Unit  
43 Building 1, Trenton  
**921-0734**

### Auto General Repairs

**Cannifton Garage 2000 Ltd.**  
✓ Tune-ups ✓ Safety Inspections  
✓ Springs ✓ General Repairs  
✓ Suspension Service ✓ General Repairs  
Cars - Trucks - Vans - Buses  
Trailers & Heavy Trucks  
Parts & Service - Call Kevin  
613-962-1132  
at Hwy.37 & Casey Rd., Belleville

### Financial Counselling

**Eliminate Debt. Build Wealth, Live Life. Call Eric 877-280-8691**

### Renovations

**Viney Construction & Renovations**  
Plumbing, Electrical, Roofing, Painting, Drywall, Carpentry, Masonry.  
Call anytime!  
**613-395-4336**

### Roofing

**Mitchell Roofing**  
• Fully Insured  
• Free Estimates  
• Work Guaranteed  
• Insurance Claims  
• Wind Damage  
• Re-Roofs  
"Year Round Roofing"  
Call **849-7562**  
Roof Doctor

### Satellite

**Star Choice & Express On Satellite Systems**  
Everyday low prices.  
Prompt service.  
Meticulous workmanship.  
Call  
**Lightfoot Antenna**  
Call 476-4111 or 1-800-267-2809

### Storage

**BIGFORD STORAGE**  
Secured Outside Storage Compound available for RV's, Boats, Trailers, etc.  
468 Bigford Rd., Brighton  
**475-6500**

### Storage

**BIGFORD STORAGE**  
Household & Commercial - You store it - You lock it & keep key 24 hours - 7 days a week - 468 Bigford Rd., Brighton  
**475-6500**  
5x5 - \$25/mo 10x10-\$60/mo  
10x20 - \$100/mo  
5x10 - \$48/mo 10x15-\$80/mo  
10x30 - \$160/mo

### Tree Service

**TRENTON TREE SERVICE**  
Tree Trimming & Removal, Chipping & Stumping  
Call Geo and Ray anytime  
• Free Estimates •  
• Fully Insured •  
A fair price for everyone  
**392-7415**

### Water Delivery

**Free Delivery At Home or Office**  
BRIGHTON SPRING natural Spring water  
Cooler Sales & Rentals  
**475-5666**  
5 Craig Boulevard, Brighton

### Water Treatment Salt Delivery

**Cindy's Salt & Water Treatment Low Cost**  
• Water Softeners  
• UV Light Systems (Bacteria Removal)  
• Sulfur/Iron Units  
• Water Softener Salt Delivery  
"We Service & Repair All Makes & Models"  
**613-398-0448**  
Serving Quinte Area



# 34 Days til Christmas.

Santa shops in the Contact

"Your online source for community info-just a click away"

# Community Events

**CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND BIRTHDAY PARTIES ARE NOW AVAILABLE**

GENEROUSLY SPONSORED BY THE CENTRE THEATRE

Matinees Friday, Saturday & Sunday

**MOVIES MOVIES MOVIES**

**CALL 392-4211 FOR INFORMATION**

**MOVIE LINE-UP**

• Dr Seuss: Cat in the Hat (PG)	1:05	7:05	9:00
• Master and Commander (14A)	1:00	7:00	9:30
• Elf (G)	1:10	7:10	9:05
• Séraphin un Homme et Son Pêché (14A)	3:15	(Sat. & Sun.)	

Coming Soon - The Haunted Mansion, Love Actually

Admission: \$7.00 (adults 18+) \$5.00 (youth) Wed. & Matinees \$5.00 (ALL)

Welcome to the Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

## UNITED WAY "ALL RANKS" BATTLE OF THE BANDS

Featuring



**When: November 28**  
**Where: Astra Lounge**

Come out and support the United Way



Doors open at 8 p.m.  
**Min. \$3 donation at the door**

Come out and try to win this beautiful Cort Earth 50 Model acoustic guitar, Tickets will be \$1 each at the door.  
This guitar would make an excellent Christmas gift!



The 8 Wing Concert Band will be performing their Annual Christmas Concert in aid of the Trenton Food Bank. Last year's performance was very well attended and resulted in a large donation for the food bank. For the price of a non-perishable food item you can enjoy the seasonal sounds of one of Eastern Ontario's premier concert bands. The 8 Wing Concert Band is known for its versatility and the ability to perform music that appeals to audiences of all ages. Included in the programme, in addition to a variety of some more modern festive songs, will be several good old-fashioned Christmas tunes. Not to overlook anyone's tastes the band will play tunes from recent Disney movies and "The Grinch", for the young and young at heart. One of the key highlights of the 8 Wing Concert Band is our vocalist Simone Pamplin. Ms Pamplin has earned her music degree from the University of Manitoba and studied theatre in New York City. Currently she is a local vocal and piano teacher who has been a featured soloist with the band for the last few years. She will be performing her renditions of many yuletide favourites, including *Cantique de Noel* and *Santa Baby*. Bring your best singing voice for our Christmas sing-along and enjoy the festive sounds of the season while supporting those in our own community less fortunate. Seating is limited, so come early and don't be disappointed!

**Date: Sunday, Nov. 30, 2003.**  
**Time: 2:00pm**  
**Place: 8 Wing Concert Band Building**  
**Directions: The 8 Wing Concert Band building is located on the north side of CFB Trenton. Enter the base at the traffic lights on RCAF Rd just north of the RCAF Museum. The bandroom is the old RC Chapel directly west of the entrance to the base.**  
**Admission: A non-perishable food item for the Trenton Food Bank.**  
For more information call Sgt Smith at 392-2811 ext. 3510

## We've reached 75 percent of our goal!

If you have not yet been canvassed, please see your unit rep or call Captain Lynne Hounslow at local 3198.



### Wednesday Night Out!

Coordinator, Eve Lawrence, 965-3595

Activities...Workshops every Wednesday night. Childcare is available, if your partner is deployed childcare is FREE, you need to call ahead to reserve your spot for both childcare and the workshop. We need to have some idea of the number of participants.

**November 26** - Conscious Choices - Hildegard Geiner who was a guest at our Women's Conference will be back to talk about how our inner dialogue influences the decisions that we make.

## Deployed Members & Family Briefing

*For deploying military personnel and their families*

**November 25th, 6 – 10 p.m.**  
**November 26th, 8 a.m. – noon**  
**At the Siskin Centre**

Please register in advance if you required childcare. Topics include: DCBA 4-2 Carol Streeker speaking on benefits and allowances (25 November only), Legal representation speaking on Power of Attorney, wills, and guardianship; Chaplain, postal services, CFHA, Social Work Office, Rear Party, SISIP rep, Family Resource Centre services.



# Classified

**For Classified Information Call 392-2811 ext: 3976**

**business • for sale • wanted • equipment • automobiles • child care • for rent • employment**

## Information

### CLASSIFIED AD RATES

Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

### ORDERING AN AD

All advertising must be dropped off at CONTACT 142 Yukon Street, South Side Room 26 before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

### ERRORS & OMISSIONS

Advertisers should check their ad the first day it appears. CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

### USERS & AD READERS

CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, CONTACT reserves the right to make necessary changes in ad copy.

## Wanted

### Wanted to Buy

Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 968-4183

### NANNY WANTED

Starting end-January until August. Part-time initially (mornings) then full-time from April 14 to June 30 while 2 service spouses on course (excluding weekends). Back to part-time only for the summer. To look after 3 months old & 2 1/2 year old boy (boy full-time in daycare). Own vehicle and license needed. Non-smoking. Flexible hours. Light housekeeping only. Salary to be discussed on interview.

Please contact Chantal at 392-1943 (home) or 392-2811 x.2445 (work). (residence on Trenton South side Base)

## Business Services

### RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street  
Trenton

**392-2111**

### NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up  
**NEW APPLIANCES** at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from  
**PAYS CASH** for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

**SMITTY'S APPLIANCES LTD.**  
969-0287

**Paradise Adult Video**  
394-6660  
**RENT 2 MOVIES  
GET A 3RD ONE FREE  
FOR 3 DAYS**  
Toys - Videos - Magazines  
255 Glen Miller Rd.  
Riverview Plaza, Trenton  
(North of 401, across from Cashway)  
Open Mon, Tues, Wed. & Sat. 11-9  
Friday 11-10, Sunday 12-5

## Business Services

### KEITH STEIN Appliance Service Ltd.

**PARTS & REPAIRS** to all makes of refrigerators, freezers, air conditioners, dehumidifiers, washers, dryers & stoves.

**We certify appliances**  
For service call 962-4048  
For parts call: 966-6966

### Home Improvements

Retired military carpenter to work on your home. Interior finishing, bathrooms, kitchens, drywall, painting, decks, siding, windows & doors. Complete home improvements. Charles Poisson 966-8864

### BOARDING

Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins from 401 Brighton. Call **EDDYSTONE KENNELS** 613-475-4405 2-2-RB

### C&W NIGHT!!!!!! SINGLES DANCE!!

Saddle up singles! NOV 22nd is C&W night! Throw on your cowboy/girl hat to save a \$1.00. Top floor Belleville Legion 9pm 613 392 9850 SINGLES Mardi gras New Years Tickets on SALE SOON!!! SEE BRAND NEW DANCE PICTURES ONLINE  
[www.romeoandjuliet.ca](http://www.romeoandjuliet.ca)

## For Rent

### KLEMENCIC PROPERTIES 1&2 BEDROOM APARTMENTS

**OWNER-MANAGED  
MODERN & WELL-MAINTAINED  
ALL UTILITIES INCLUDED  
CABLE T.V. INCLUDED (most units)  
ON-SITE SUPERINTENDENTS  
CONVENIENT LOCATIONS**

**392-7839**

**392-5915**

## FOR RENT

**Trenton West Side**  
A stunning renovation of one & two bedroom apartments on Dundas Street West, Trenton.

All new kitchen, bathrooms, paint, windows, carpet, ceramic laminate flooring & security entrance. New appliances, heat & water included.

**\$525/mth to \$695/mth  
NO PETS  
Call Kenmau Ltd. Property Management 392-2601**

## FOR RENT

Trenton 3 bedroom, 1400sq. ft., immaculate, close to Base. Jan.01/04 \$750 + utilities  
**965-6987**

## Advertise Today

### EARN EXTRA MONEY!! CARRIER NEEDED

to deliver Contact newspapers for a route here at 8 Wing/CFB Trenton: Please call **965-7248** mornings or leave your name, address, phone number & age.

## For Rent

## For Rent

### Small hall perfect for:

Baby Showers  
Wedding Showers  
Stags, Weddings  
Family Get Togethers  
Office Parties  
Christmas Parties  
Meetings  
Hall Manager @ **394-3676**

### WEST SIDE NEAR HOSPITAL

Newly renovated upper one bedroom apartment. Fridge, stove, water incl. \$525/mth + utilities.

**Call Kenmau Property Management 392-2601**

## TRENTON WEST SIDE

Beautifully renovated spacious three bedroom main level apartment. Fridge/stove/water incl. Ideal for senior looking for plenty of space. \$833/mth **Call Kenmau Property Management 392-2601**

## For Sale

### FOR SALE

Nordictrack Elliptical trainer, 1 year old. Like new. Excellent condition. Asking \$400  
**394-1100**

### FOR SALE

4 Michelin Arctic Alpine winter tires - 13" w/rims, 2yrs old \$200.

**Call 965-6864**

### FOR SALE

1999 Chevy-S10, Red, Extended Cab. 4 cyl, 5 spd, air conditioning, leather hard top, tinted windows. New set of winter tires. Excellent condition. Only 56,000 kms - \$12,200 OBO

**NEED TO SELL  
Call 392-1672**

The draw for the Doll Furniture and Welcome Sign was held at Wing CE on Friday November 7. And the winners are:

Doll Furniture - Ms. Lyne Gagnon  
Welcome Sign - Ms. Norene Day

## Crossword Answers

S	L	O	W		B	I	L	L		E	M	O	
K	I	W	I		I	D	L	E		P	U	B	
Y	E	N	S		B	E	B	E		I	R	E	
				E	R	L	E		W	A	C	K	Y
M	A	M	M	I	E		P	A	D				
C	H	I	E	F		S	H	Y		P	O	T	
C	O	R	N		H	O	D		R	A	R	E	
L	Y	E		I	O	U		G	A	P	E	D	
			P	N	E		T	O	T	A	L	S	
L	O	U	I	S		C	H	A	P				
A	U	K		O	M	A	R		A	W	E	D	
T	S	E		L	O	R	E		C	H	O	U	
E	T	S		E	P	E	E		K	O	N	G	

Stick with the Classifieds for health news that affects you!

**CLASSIQUE COIFFURE**  
282 Dundas St. E.  
Trenton, Ontario  
PHONE: (613) 394-4185  
*Unisex Hair Design*  
Military Cuts Welcome

**IT'S THAT TIME AGAIN FOR ADVERTISING YOUR CHRISTMAS PROMOTIONS**  
Call 392-2811  
JUDY EXT 2748  
or  
SANDI EXT 7008  
**CALL TODAY**

# Store your outdoor furnishings to make them last longer

by Debbie Rodgers

In many parts of North America, the end of "porch season" has arrived. Whether you're clearing out for some oncoming bad weather, closing up the cottage for the season, beating the vandals on devil's night, or just retreating to your nest for the winter, you'll want to store away all of your outdoor items with maximum care.

Dirt particles can settle deep into fabric and wood fibers and making tiny cuts that hasten their deterioration. Untreated soiled spots can become irremovable stains. Moisture can breed mold, mildew and

(1/4 cup bleach to 3 gallons of water). Remove rust spots on metal frames; sand the area lightly to remove as much as possible. Use toothpaste applied with a dry cloth to get rid of scuff marks on vinyl furniture or strapping.

Once specific areas have been treated, wash all pieces with mild soap and water and rinse well. If you have cedar furniture that is dingy, you can use a pressure washer set on low to help restore its lustre. Umbrellas covers may need to be scrubbed with a bristle brush. Wipe down all pieces with a dry cloth and then leave to thoroughly air dry. This is

wax to polish wooden umbrella poles. Apply car wax to non-textured metal finishes, and baby oil to textured ones. This will help maintain the surface. If there were rusted spots that you have cleaned up, apply touch-up paint or clear lacquer.

Third, store your items away. If you live in a climate with long snowy winters, seriously consider indoor storage of your furniture & decorations for the season, whether that's in your back shed, a neighbour's garage, or a rented storage facility.

If you cannot store your items inside away from the brunt of winter's fury, then do cover them - but make sure the furniture is dry before you cover it! If it is not, the plastic tarp can promote mold growth. Inspect the tarp carefully for tears so that water and snow do not leak in.

Some furniture, such as teak benches, cedar chairs and wrought iron table sets are designed so that they can be left in the elements year round. If you have some of these furnishings and will not be using them in the winter, bring them in if you have the space. Yes, they will endure the winter, but winter protection will extend their life. So take some time now to store away your outdoor paraphernalia. It will pay big dividends next spring.

Article courtesy of [www.ArticleCity.com](http://www.ArticleCity.com).



rot. Rust will spread, eating through metal. So proper storage will not only make your spring set-up more pleasant, it will prolong the life of your furnishings and décor.

The first step is to clean and dry all pieces. Remove any loose dirt and dust from all pieces. For cushions and wicker furniture, use a vacuum or a soft-bristle brush. Then attack any specific problems.

If there are mildew spots from a humid summer, remove them with a bleach and water solution

probably the most important step.

Secondly, repair and protect surfaces. Apply vinyl protectant to vinyl straps. Oil moving parts such as wire umbrella frames and hinges by spraying silicone on the joints. Use furniture paste

**You're about to buy a home that represents good value. Choose a home inspection company the same way.**



**ELECTROSPEC®**  
Home Inspection Service

**1-888-394-6954**

[www.allaroundthehouse.com](http://www.allaroundthehouse.com)



**Gil Strachan**  
Registered Home Inspector

## Number 1 On Purpose

**Trenton 392-6594**      **Brighton 475-6594**      **Toll Free: 1-800-567-0776**  
**Check us out at... [www.remaxtrent.com](http://www.remaxtrent.com)**

## SCROLLSAW SAVY

Photo: Laurie McVicar, Contact



**Nancy McHugh works diligently on a birdhouse, just one of many projects assigned during a seven-week scroll saw course offered at the 8 Wing Wood Hobby Club. The classes are taught by Peter Bondett.**

## Essential tools for home improvement

(NC)—While the home may be a family's castle and an escape from today's hectic world, it's probably not perfect. Decorating styles change. There are pictures to hang and shelves to install. Things break. It's too pressing to ignore, but too minor to engage a professional. The question becomes one of where to begin.

Start with a highly recommended how-to book, such as *Better Homes & Gardens - New Complete Guide to Home Repair and Improvement* and *New Complete Do-It-Yourself Manual* by Reader's Digest.

With knowledge in hand, it's a good idea to have a basic set of tools. When choosing, experts advise buying the best quality possible. Good tools can last a lifetime and help ensure professional results, while poor ones tend to break, cause frustration and can even damage a project.

A hardware or home center employee can guide you in quality tool selection. Here are the top ten tools that home experts say should be in every toolbox:

1. Toolbox - Start with a sturdy, latching container that can protect the tools and keep them safe, organized, and ready to go.
2. Safety goggles - Safety is the first step in any do-it-yourself project.
3. Screwdrivers - Start with a couple sizes of both flat blade and Phillips types
4. Hammer - Choose a 16-ounce claw model that fits comfortably in your hand, heavy enough to accomplish most tasks but not too heavy.
5. Tape measure - Choose one with a shock resistant case in a bright colour, so it's easy to spot in your toolbox. For real convenience, try one with a built-in voice recorder to store your measurements like the Zircon Repeater®.
6. Slip-joint pliers with wire cutting jaw.
7. Adjustable wrench.
8. Utility or box knife.
9. Drill - This is the one power tool that's a must.
10. Stud finder - For dozens of home improvement projects a stud finder can be worth its weight in gold.

# JR RANKS MESS

SUN MON TUE WED THU FRI SAT

*Last We Forget*  
**REMEMBRANCE DAY**  
 NOVEMBER 11

16	17	18	19	20	21	22
					TGIF 1200 hrs Chicken & Taters Sports 1800hrs Pool	
23	24	25	26	27	28	29
30				General Mess Meeting 1430hrs	TGIF Donairs 1700hrs Sports 1800hrs Euchre	

# NOVEMBER

# 2003



**Sales Dept.  
Open Sunday  
10am-4pm**

**Huge  
selection  
NASCAR CAPS  
Great Christmas  
gift idea**

# BELLEVILLE DODGE

## Offers \$500 in

### M&M certificates just in time for the Party Season This Fri, Sat & Sun ONLY

**Purchase any retail pre-owned vehicle and receive \$500 M&M certificates**

**New Years Party BONUS**  
**FRI. - SAT. - SUN ONLY**  
 PURCHASE ANY RETAIL USED IN-STOCK VEHICLE & RECEIVE AT \$500 GIFT CERTIFICATE GOOD AT EITHER BELLEVILLE OR TRENTON M&M MEAT SHOPS.  
THIS OFFER VALID ONLY WITH VEHICLES PURCHASED ON FRIDAY/SATURDAY/SUNDAY NOV. 21, 22 & 23. PREVIOUSLY PURCHASED VEHICLES DO NOT APPLY.



**\$500**

Not to be combined with any other offer.  
Valid Fri., Sat. & Sun., Nov. 21, 22 & 23, 2003.

 <b>2003 DODGE CARAVAN SE</b> Auto, 6 cyl, silver exterior, beige interior, 4 captain's chairs, air, cruise, tilt, keyless entry, cd, pw, pdl, 27,097 kms. Stk# 311P <b>\$22,900 / \$176 bi-weekly*</b>	 <b>2003 JEEP LIBERTY LTD. 4X4</b> Auto, 6 cyl, alloy, bucket seats, air, cruise, tilt, cd, pdl, pw, 24,902 kms. Stk# 314P <b>\$29,900 / \$234 bi-weekly*</b>	 <b>2000 CHRYSLER INTREPID</b> Auto, 6 cyl, air, am/fm/cassette stereo, cruise, tilt, pw, pdl, 55,706 kms. Stk# 4068A <b>\$15,900 / \$168 bi-weekly*</b>	 <b>1999 DODGE CARAVAN</b> Auto, 6 cyl, bucket seats, air, pw, pdl, cruise, tilt, 15 anniversary edition, 614,000 kms. Stk# 3600A <b>\$13,900 / \$145 bi-weekly*</b>
 <b>2003 DODGE CARAVAN</b> Auto, 6 cyl, bucket seats, air, cruise, tilt, cd, pw, pdl. Stk# 353P <b>\$22,900 / \$176 bi-weekly*</b>	 <b>2001 BUICK CENTURY</b> Auto, 6 cyl, power seats, cassette, cruise, tilt, pw, pdl, 23,362 kms. Stk# 3485A <b>\$15,900 / \$139 bi-weekly*</b>	 <b>2003 DODGE DURANGO</b> Auto, 8 cyl, bucket seats, power seats, air, cruise, tilt, cd, pw, pdl, 12,000 kms. Stk# 356P <b>\$34,900 / \$274 bi-weekly*</b>	 <b>2003 CHRYSLER INTREPID</b> Auto, 6 cyl, air, bucket seats, cruise, tilt, cd, pw, pdl and more. Stk# 312P <b>\$19,900 / \$152 bi-weekly*</b>
 <b>2000 PONTIAC GRAND AM</b> Auto, air, cd, pdl, tilt, cruise, 81,869 kms. Stk# 3480A <b>\$12,900 / \$134 bi-weekly*</b>	 <b>2003 CHRYSLER GTC CONVERTIBLE</b> Auto, 6 cyl, bucket seats, air, cruise, tilt, cd, pw, pdl, 15,185 kms. Stk# 4017 <b>\$36,175 / \$257 bi-weekly*</b>	 <b>2003 DODGE RAM</b> Auto, 8 cyl, long bed, tow package, air, cassette, cruise, tilt, 1,452 kms. Stk# 342P <b>\$24,900 / \$195 bi-weekly*</b>	 <b>2003 CHRYSLER LTD. CONVERTIBLE</b> Auto, 6 cyl, leather, bucket seats, power seats, air, cruise, cd, pdl, pw, 7,409 kms. Stk# 4018 <b>\$40,630 / \$314 bi-weekly*</b>
 <b>2003 JEEP GRAND CHEROKEE 4X4</b> Auto, 6 cyl, bucket seats, power seats, air, cruise, tilt, cd, pw, pdl, 17,800 kms. Stk# 347P <b>\$31,900 / \$250 bi-weekly*</b>	 <b>1997 CHRYSLER CONCORDE LX</b> Auto, V6, bucket seats, power seats, air, cassette, cruise, tile, pl, pdl, 72,300 kms. Stk# 3476A <b>\$11,800 / \$157 bi-weekly*</b>	 <b>2000 DODGE CARAVAN</b> Auto, 6 cyl, air, cassette, pw, pdl, cruise, tilt, 73,462 kms. Stk# 3457A <b>\$13,995 / \$146 bi-weekly*</b>	
 <b>2003 DODGE RAM 1500 ST</b> Auto, 8 cyl, long bed, bed liner, tow package, air, cruise, tilt, cd, 7,683 kms. Stk# 351P <b>\$23,900 / \$185 bi-weekly*</b>	 <b>2003 DODGE RAM 1500</b> Auto, 4.7, 8 cyl, short bed, tonneau cover, tow package, leather, air, cruise, ps, pw, pdl, cd, 20,000 kms. Stk# 334P <b>\$38,900 / \$309 bi-weekly*</b>	 <b>2003 CHRYSLER PT CRUISER</b> Auto, 2.4, 4 cyl, bucket seats, air, cruise, keyless entry, cd, pw, pdl, 6,860 kms. Stk# 354P <b>\$21,900 / \$169 bi-weekly*</b>	
 <b>2003 JEEP LIBERTY SPORT</b> Auto, 3.7, 6 cyl, alloy wheels, roof rack, air, cruise, tilt, cd, pw, pdl, 38,537 kms. Stk# 300P <b>\$24,995 / \$194 bi-weekly*</b>	 <b>2000 DODGE CARAVAN</b> Silver, auto, V6, roof rack, tinted windows, bucket seats, air, cruise, tilt, pw, pdl., 95,769 kms. Stk# 3626A <b>\$14,995 / \$158 bi-weekly*</b>	 <b>2003 DODGE RAM 1500</b> Auto, 5.7, 8 cyl, short bed, tow package, leather, bucket seats, cruise, tilt, ps, cd, pdl, pw, 19,170 kms. Stk# 3560 <b>\$45,925 / \$363 bi-weekly*</b>	
 <b>2000 CHEVROLET MALIBU</b> Auto, V6, bucket seats, air, cd, pdl, pw, cruise, tilt, 39,899 kms. Stk# 3599A <b>\$12,900 / \$134 bi-weekly*</b>	 <b>1998 DODGE CARAVAN</b> Auto, 6 cyl, tinted windows, pdl, bucket seats, air, am/fm/cassette, 114,877 kms. Stk# 3564A <b>\$9,995 / \$129 bi-weekly*</b>	 <b>2002 CHRYSLER SEBRING</b> Auto, 6 cyl, bucket seats, air, cruise, tilt, cd, pw, pdl, 38,000 kms. Stk# 309PA <b>\$16,900 / \$148 bi-weekly*</b>	

**CERTIFIED PRE-OWNED VEHICLES**

**FEATURES AND BENEFITS OF CPV VEHICLES!**

1. PEACE OF MIND WITH DCCI BACKED WARRANTY (LIMITED 6MTH/10,000 KMS)
2. ROADSIDE ASSISTANCE
3. QUALITY INSPECTION AND RECONDITIONING
4. NATIONWIDE SERVICE
5. A \$750 ALLOWANCE IS AVAILABLE ON ELIGIBLE VEHICLES TO SELECT STUDENTS AND SPECIAL GROUPS
6. A 6 MONTH OR 10,000 KM CPV WARRANTY IS INCLUDED ON SELECT VEHICLES

**ONTARIO'S NEWEST FIVE STAR CERTIFIED DEALERSHIP**

**2000 FORD FOCUS**

Manual, 4 cyl, bucket seats, air, keyless entry, cd, pdl, 24,200 kms. Stk# 349PA

**\$12,900 / \$134 bi-weekly\***



**FIVE STAR**  
★★★★★



**7 YEAR  
115,000 KM  
WARRANTY**

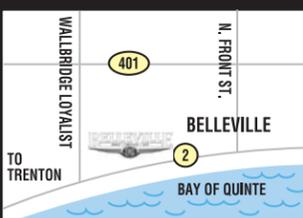
# BELLEVILLE

DODGE • CHRYSLER • JEEP



**www.bellevilledodge.ca**  
HWY#2 W. BELLEVILLE

**613-966-9936**  
**1-888-757-9994**



SHOWROOM BUSINESS HOURS: Mon-Thurs 8:30am - 8:00pm, Fri 8:30am - 6:00pm, Sat 9:00am - 5:00pm, Sun 10:00am - 4:00pm

\* All prices plus applicable taxes, licencing, dealer administration fees. Payments based on terms as follows: 2003 models - 72 months; 2002 models - 60 months; 2001 models - 60 months; 2000 models - 48 months; 1999 models - 48 months; 1998 models - 36 months. OAC payments based on bi-weekly terms at 7.95% with \$1,000 cash or trade reduction. See dealer for important details or visit us at www.bellevilledodge.ca.